

# Stress Busters Challenge

September 12 – October 23

Goal = 100 points



Use this form for convenient daily tracking. Remember to record all of your entries online by October 31, 2011.

## How to track your healthy behavior:

- Eat at least 1 cup of fruits and 1 cup of vegetables = 1 point
- Get 15 minutes of physical activity = 1 point
- Get 7 hours of sleep = 1 point
- Take 15 minutes or more for relaxation/meditation = 1 point

1. Select the date.
2. Check mark the activity you practiced each day (up to 4 points).
3. Record your points online at <https://delawell.alerehealth.com!>

Example:	
Nutrition	✓
At least 15 minutes of physical activity	✓
At least 7 hours of sleep	✓
15 minutes of relaxation	✓
<b>Daily Total</b>	4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12	13	14	15	16	17
	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>
18	19	20	21	22	23	24
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>
25	26	27	28	29	30	Oct 1
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>
2	3	4	5	6	7	8
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>
9	10	11	12	13	14	15
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>
16	17	18	19	20	21	22
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>	<b>Daily Total</b>
23						
Nutrition						
Physical Activity						
Sleep						
Relaxation						
<b>Daily Total</b>						

Total Points

